



Post-operative/Procedure Anesthesia Instructions: Child

The following facts and suggestions will help your child have a safe, rapid, and trouble-free recovery after anesthesia.

What your child can do after anesthesia

- For the next 24 hours, limit your child's participation in rough sports or activities that use sharp objects (for example, cutting with scissors.)
- For the rest of the day, excuse your child from school activities and development tests that require concentration.
- Otherwise, your child may resume normal activities, as tolerated, with your supervision.

How your child will feel

- Your child may feel tired and weak after sedation.
- Your child's concentration, balance, and coordination may be impaired for several hours after sedation.
- Unusual behavior for your child, such as irritability or sleepiness, may occur. For the rest of the day, please keep this in mind when planning your child's meals, naps, and activities.

What your child can eat

- Your child may eat a normal diet, as tolerated, starting with clear liquids.
- Do not force food or liquids—forced feedings may make your child vomit.
- If your child vomits while eating or drinking, stop your child's meal for 30 to 60 minutes. Gradually resume a clear, liquid diet (i.e., broth, juice).

Medications

Your child may resume all prescription medicines at home or at the Children's Inn.

Other instructions

After discharge from the clinic, your child may carry on normal activities while following these precautions. However, your child should stay at home or in the Children's Inn until the morning after sedation.

Contact your child's NIH doctor if your child has:

- difficulty urinating
- a lot of vomiting
- raised temperature
- difficulty breathing

If you have questions or problems, also feel free to contact your NIH doctor.

Your Doctor:

Phone:



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This information is prepared specifically for patients participating in clinical research at the Warren Grant Magnuson Clinical Center at the National Institutes of Health and is not necessarily applicable to individuals who are patients elsewhere. If you have questions about the information presented here, talk to a member of your healthcare team.

Questions about the Clinical Center? OCCC@cc.nih.gov

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